



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DECEMBER 2018 SENIOR CENTER HAPPENINGS

DUNELAND FAMILY YMCA

The Senior Center is open Monday, Wednesday, and Friday every week from 10:15am to 2:00pm. Make friends and have fun! When Chesterton Schools are closed due to weather the Senior Center activities and Building Fit Friends Class only will be canceled.



Weekly Fitness Activities:

- Mondays/Wednesdays/Fridays—Y B Fit @ 7:45am
- Mondays/Wednesdays/Fridays— Building Fit Friends @ 10:30am
- Tuesdays/Thursdays— Silver Sneakers @ 10:30am & Silver Sneakers Cardio Circuit @ 11:30am
- Fridays—Silver Sneakers @ 12:00pm
- Silver Sneakers BOOM—Thursdays @ 4pm & Fridays @ 1:15pm

Senior Special Events:

- Monday, Dec. 3rd @ 11:45am: Drawing fun with Richard Church. Lunch provided by Strack & Van Til of Chesterton.
- Wednesday, Dec. 5th @ 11:45am: Lunch trip to Pesto's. Transportation provided by Chesterton United Methodist Church and Addison Pointe.
- ***NEW* Thursdays, December 13th, 20th, and 27th; @ 2:30pm: Duneland Senior Singers**
(Everyone is welcome to join— We meet in the Senior Center or the Community Room.)
- Fridays, Dec. 7th, 14th, 21st, and 28th @ 11:45am: Bingo—prizes donated by Story Point of Chesterton.
- Mondays, Dec. 10th and 17th @ 11:45am: Movie Day—Bring a lunch!
- Wednesday, Dec. 12th @ 11:45am: Symphony of Chesterton hosts lunch & Mexican Train Game.
- Wednesday, Dec. 19th @ 11:45am: Mexican Train Game at the Y. Bring a lunch.
- Thursday, Dec. 20th @ 12:00pm: Senior Potluck Luncheon—bring a dish to share. Sing along with "The Gift of Song".
- Tuesday, Dec. 25th: CLOSED—Merry Christmas!
- Wednesday, Dec. 26th @ 11:45am: Addison Pointe of Chesterton provides lunch & hosts Mexican Train Game.



Duneland Family YMCA is a United Way of
Porter County Partner Agency